

WHAT IS CLAIMED IS:

1. A normally handheld instrument adapted to be removably affixed to  
the hand of a user, comprising:

an instrument body;

a utensil connected to the body;

5 a retainer attached to the instrument body;

wherein the retainer is adapted to allow it to be removably affixed to a part of the user's hand in such a way that, when so affixed, the attached instrument body is positionable in at least two positions: a first resting position and a second normal use position.

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2. A normally handheld instrument comprising:

body means for providing a utensil;

retainer means for removably attaching the instrument to a part of a hand of a user,

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attachment means for attaching the retainer means to the body means; said retainer means and attachment means together allowing the body means, when the retainer means is removably affixed to a part of the user's hand, to be positionable into at least two positions: a first resting position and a second normal use position.

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3. An instrument adapted to be removably affixed to the finger of a user, comprising:

a body;

a utensil connected to the body;

25 a retainer attached to the body, the retainer being adapted to fit one of the user's fingers chosen from the group consisting of the index finger, middle finger and thumb;

wherein, when the retainer is attached to the finger, the body of the instrument is positionable in at least a first resting position and a second normal use position.

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4. An instrument adapted to be removably affixed to the finger of  
a user, comprising:

body means for providing a utensil,

5 retainer means for affixing the instrument to one of the user's fingers  
chosen from the group consisting of the index finger, the middle finger, and the  
thumb,

10 attaching means for attaching the body means to the retainer means  
wherein the retainer means and attachment means together allow the  
body means to be positioned in a resting position and, by simple movement of the  
user's fingers, hand, or arm is available for use in a normal use position.

5. The instrument of claims 1-4 wherein the instrument body is  
short.

15 6. The instrument of claim 5 wherein the instrument body is less  
than 2 inches.

7. The instrument of claims 1-4 wherein the retainer is resiliently  
20 adjustable and shapeable.

8. The instrument of claims 1-4 wherein the instrument may be  
worn on the either hand.

25 9. The instrument of claims 1-4 wherein the instrument is static.

10. The instrument of claims 1-4 wherein the instrument is  
dynamic.

30 11. The instrument of claims 1-4 wherein the attachment of the  
retainer to the body is accomplished by a substantially Z-shaped attachment adapter.